



# The Journal

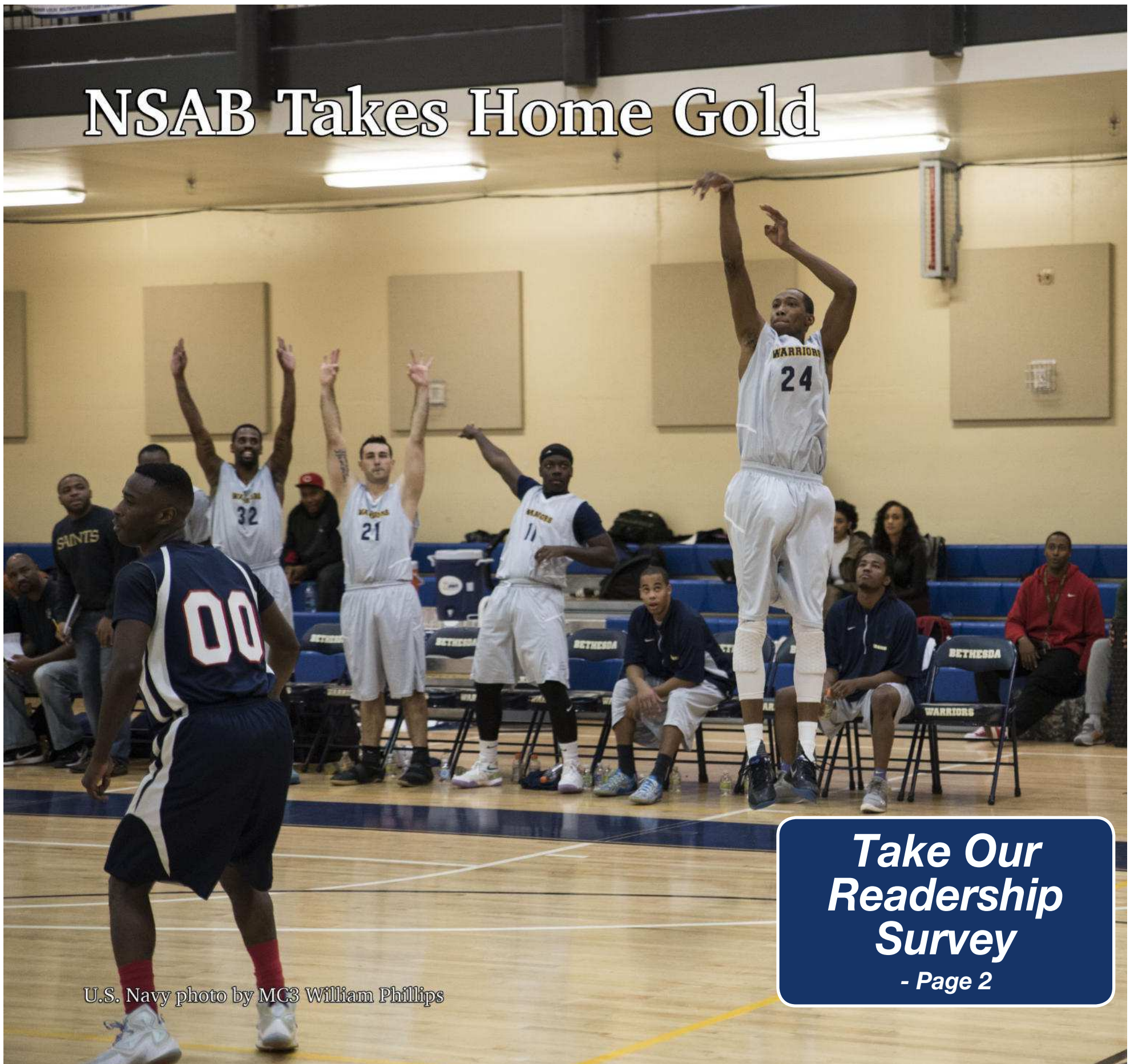
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No. 2

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January 19, 2017

## NSAB Takes Home Gold



U.S. Navy photo by MC3 William Phillips

**Take Our  
Readership  
Survey**

- Page 2



# Celebrating 50 Years of the MCPON

By Master Chief Petty Officer of the Navy  
Steven S. Giordano

On this day [Jan. 13] 50 years ago, the Office of the Master Chief Petty Officer of the Navy was established.

Today, I ask you all to take a moment to stop, and reflect upon the many changes the Navy has made improving quality of life for the enlisted Sailor, and what role a Chief Petty Officer has played in your personal and professional development.

As we move forward this year, commemorating 50 years of the MCPON, remember our proud heritage as United States Navy Sailors. Just as each MCPON has made an impact, remember the contributions our Sailors make each day to continue making this the finest Navy the world has ever seen.

Thank you Shipmates, and have a great Navy day!



Master Chief Petty Officer of the Navy Steven S. Giordano

U.S. NAVY PHOTO

## Bethesda Notebook

### Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Jan. 19 from 1 to 2 p.m. and from 6:30 to 7:30 p.m. in the America Building's River Conference Room on the third floor. Spouses and partners are invited to attend. Military ID is required for base access to WRNMMC. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact Jane Hudak, the patient educator in the Prostate Center, at 301-319-2918, or email [jane.l.hudak.ctr@mail.mil](mailto:jane.l.hudak.ctr@mail.mil).

### Platelet Donation Drive

The Walter Reed Donor Center in Building 9 in room 1671 is hosting a platelet donation drive through the end of the month every weekday from 8 a.m. to 3:30 p.m. Go to [militarydonor.com](http://militarydonor.com) to make an appointment, call 301-295-2104, or visit the center in person, located on the first floor of Building 9 near the Wedge Café. Donated blood and platelets are given to wounded warriors, children and trauma patients to help them recover from chemotherapy and other surgical procedures.

### CRNA Week

The week of Jan. 23-27 is observed as National Certified Registered Nurse Anesthetists Week. During the week, an information booth will be set up near the Wedge Café in Building 9 to provide information about the profession of nurse anesthesia and the care CRNA's provide patients.

## Online Readership Survey

NSA Bethesda is conducting a survey of The Journal readers. Tell us what you think! The 5-10 minute survey is open through January 25th. Participate now at:

[www.surveymonkey.com/r/journal17](http://www.surveymonkey.com/r/journal17)

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# A Year In Military Health, Global Health

**Walter Reed Bethesda  
Continues To Lead The Way In  
Military Medicine**

**By WRNMMC Public Affairs**

During 2016, Walter Reed National Military Medical Center continued to lead the way in providing the latest and finest health care to its beneficiaries, as well as advancing medical research and the education of those providers who are the future of the Military Health System.

Continuing to be at the forefront for the Department of Defense in health-care delivery, WRNMMC was the first DoD site to conduct an innovative heart valve replacement procedure less invasive and with a faster recovery time than open heart surgery. The Transcatheter Aortic Valve Replacement, or TAVR, involves replacing a patient's aortic valve by inserting a catheter through the femoral artery. Guided by X-ray, the valve is inserted through a tube up the femoral artery, through the aorta, ultimately reaching the aortic valve, explained Navy Capt. (Dr.) Jared Antevil, a cardiothoracic surgeon at WRNMMC, during a January 2016 interview. Surgeons use a balloon-expandable valve. The balloon is inflated across the aortic valve to displace calcium and valve tissue to allow room for the new valve, set in place by inflating another balloon. Once this balloon is deflated and removed, the new valve is in place and starts working immediately. Recovery time from the procedure is usually about a week, much quicker than after open heart surgery.

"It's really exciting...being able to do this for patients who are sick," said Army Lt. Col. (Dr.) Eugene Soh, a WRNMMC interventional cardiologist, also interviewed in January 2016 about the procedure. "To see [patients] not be short of breath, walking across the room with the new valve, without having to do open heart surgery, is very gratifying," he added.

Also in 2016, WRNMMC staff and their colleagues continued fighting vector-borne diseases worldwide. Navy Capt. (Dr.) Tim Burgess and (Dr.) Kyle Peterson performed research on deployment-related infectious/tropical diseases through the Travel Military (TRAVMIL) program at the Uniformed Services University of the Health Sciences on Naval Support Activity Bethesda. Burgess leads the Infectious Disease Clinical Research Program and worked at Naval Medical Research Unit Two in Indonesia on dengue and other arboviruses related to Zika. Petersen serves as an infectious diseases specialist and associate



PHOTO BY MCI CHRISTOPHER KRUCKE

**During the 2016 Operation Mobility Solace exercise in August, a simulated patient with potential exposure to Ebola, arrives at Walter Reed National Military Medical Center. Walter Reed Bethesda participated in the exercise with the U.S. Air Force to test its abilities to receive a patient at the flight line, safely transport the patient to WRNMMC and up into its enhanced containment unit for diagnosis and care.**

professor of medicine at USU. He worked with the Zika Virus and other tropical diseases during his previous assignment as commanding officer of NAMRU-6 in Lima, Peru.

In addition in the battle against diseases globally, the Centers for Disease Control and Prevention designated WRNMMC as a Tier One Ebola Treatment Facility, and in August, WRNMMC participated in the 2016 Operation Mobility Solace exercise with the U.S. Air Force to test its capabilities to "receive a [possible disease-affected] patient at the flight line, safely transport the patient to WRNMMC and up into its enhanced containment unit [for diagnosis and care]," explained Army Col. Michael Heimall, WRNMMC director.

Also in 2016, the John P. Murtha Cancer Center (MCC) of Excellence at WRNMMC continued to be DoD's leading cancer research and treatment facility. In February, the MCC and the National Cancer Institute (NCI) announced the MCC Biobank's first transfer. This initiative now allows the more than 300 MCC scientists and researchers the opportunity to share their biobank resources with other skilled cancer research teams at the NCI to make quicker and more efficient discoveries in the fight

against cancers. In addition to the MCC biobank on location, the center utilizes a government-owned off-site repository that safely stores the tissues of consenting patients who have had portions of tumors removed during surgery for cancer diagnosis. The NCI biobank will mirror the biobank operated by the MCC.

In June, the MCC also served as one of the host sites for the White House-sponsored national Cancer Moonshot Summit. The White House organized the Moonshot, announced by President Barack Obama in January 2016, designed to speed efforts in cancer research, treatment and cures. Approximately 100 physicians, nurses, researchers, cancer patients, family members, philanthropists and others were on hand at WRNMMC to discuss issues pertaining to the cancer research and treatment during Moonshot Summit on June 28.

"We're working on making progress and breakthroughs. We're close in a few ways. There've been major breakthroughs since I've been [at WRNMMC] the last two years, especially with the clinical trials, and not just with me," said Army Capt. Joshua Minton, a WRNMMC cancer patient and survivor, during the summit.

In 2016, Walter Reed Bethesda also continued to reach out and partner with its friends and allies in other nations for humanitarian and training purposes. In February, a team of WRNMMC providers and support staff participated in a two-week Medical Readiness Training Exercise in the Dominican Republic. WRNMMC staff members have participated in the MEDRETE annually for several years, and they have traditionally provided care to those impacted by hand and congenital craniofacial concerns, particularly pediatric patients in the DR.

In a thank-you letter to the WRNMMC staff following the MEDRETE, one patient wrote: "Like many children with Apert syndrome, I was born with mitten-like hands. A team of surgeons, a bunch of elves with special powers, came from another country to help children with disabilities. Wearing green gowns and smiles, they liberated the fingers of my right hand, turning it into a more functional tool. With that hand, I'm able to play a guitar, a drum, paint, hold various objects, call my mom using a touch phone, use a [tablet], put together puzzles and



# World champion Cubs visit service members, families at USO Bethesda

By Jim Dresbach  
Pentagram Staff Writer

A professional baseball team provided numerous “pinch me” moments inside the gates of Naval Support Activity Bethesda Jan. 16.

Following a customary visit to the White House, where they were honored by President Barack Obama, members of the World Series Champion Chicago Cubs stopped by the USO Warrior and Family Center at Bethesda to sign autographs, pose for photos and rub elbows with active-duty service members.

Close to 200 service members and their families attended the meet and greet. Sweaty palms and nervous stomachs accompanied service members waiting to meet their baseball heroes.

“I’m a little nervous,” Fort Belvoir Army spouse and Cubs fan Rita Coghlan said. “My family is very jealous. I’m looking forward to meeting [first baseman Anthony] Rizzo. Being a cancer survivor, he has a great story.”

Before meeting fans, the entourage was welcomed by installation commanding officer, Navy Capt. Marvin L. Jones. Jones is a Chicago native and die-hard Cubs fan. He proudly wore a vintage Cubs jersey honoring “Mr. Cub,” Hall of Famer Ernie Banks.

“On behalf of all the people who come here for service – the wounded warriors, patients and the people who work here – you don’t know how much



PHOTO BY MC3 WILLIAM PHILLIPS

**Chicago Cubs manager Joe Maddon poses for a photo with guests Jan. 16 at the USO Warrior and Family Center at Bethesda. The Cubs visited in conjunction with their visit to the White House after their World Series win.**

it means to us that you took time out of your busy schedule to visit us,” Jones told the members of the Cubs organization.

Among those joining Rizzo during the visit were co-owners Tom and Laura Ricketts; President of Baseball Operations Theo Epstein; radio play-by-play announcer Pat Hughes; manager Joe Maddon and Cubs Hall of Famers Ryne Sandberg and Billy Williams.

And then, there were the players. World Series most valuable player Ben Zobrist signed autographs and chatted

with Cubs faithful in one corner of the center, while a large line of kids and adults waited to meet Cubs superstar Rizzo in an adjacent corner.

World Champions David Ross, Carl Edwards, Jr. and Justin Grimm were busy posing with fans and the World Series trophy.

Marine Scott Graniero drove 60 miles from Quantico Marine Corps Base to Bethesda to meet the team. For Graniero, the meet and greet was another dream come true during a championship year.

“This is amazing. For a life-long Cubs

fan like myself to have an opportunity to come up here to the USO in Bethesda and catch a glimpse and see them is a pretty awesome experience,” he said.

Cubs fans got more than a glimpse. Many of the fans at the USO center had seen the Cubs play on Major League Baseball fields, but never had the opportunity to be at hand-shaking distance with the world champs.

Navy Lt. Nicole Pendry, a Cubs fan originally from Joliet, Illinois, received a last-minute phone call alerting her to the visit.

“I was getting out of the shower, and my mom called me,” Pendry said. “She was watching the broadcast from the White House. My mom heard from the broadcast that the Cubs are coming to Walter Reed and that I better get over there. I’m stationed here, and we walked a mile to the base.”

After meeting Rizzo and getting his autograph, Pendry was speechless.

Owner Tom Ricketts was appreciative of the mutual respect the attending Cubs gave and received during their visit to the Bethesda installation.

“The team, the organization, the players have great respect for all the people who serve our country,” Ricketts said. “In Chicago, we’re big supporters of the USO, which is also a part of today’s trip. We’re happy to be here and do something small that helps out.”

## Service Members Give Local Students Insight Into Military Medicine

Story and photos by  
Bernard S. Little  
WRNMMC Public Affairs

Four service members from Walter Reed National Military Medical Center visited with students at College Gardens Elementary School in Rockville, Md., as part of the school’s focus on “Community Helpers” on Dec. 22.

Air Force Tech. Sgt. Steven Norton, Senior Airman Judah Gascoyne, and Army Spcs. Julia Barbosa and Tiffany Taylor taught students some of the fundamentals of military medicine, including proper handwashing techniques, simple gauze bandaging of an injury, and heart monitoring with the use of a stethoscope.

Norton, noncommissioned officer-in-charge of the Surgical Intensive Care Unit at WRNMMC, told the students, “The military is here to make you feel safe. There are many ways the military does this, and service members working in the hospital is one way.

“[Our goal was] to project a positive image of military medicine to our community’s children,” Norton added.



**Air Force Tech Sgt. Steven Norton checks the hands of a College Gardens Elementary School student to determine how well she washed them after he demonstrated to the class proper hand washing procedures.**

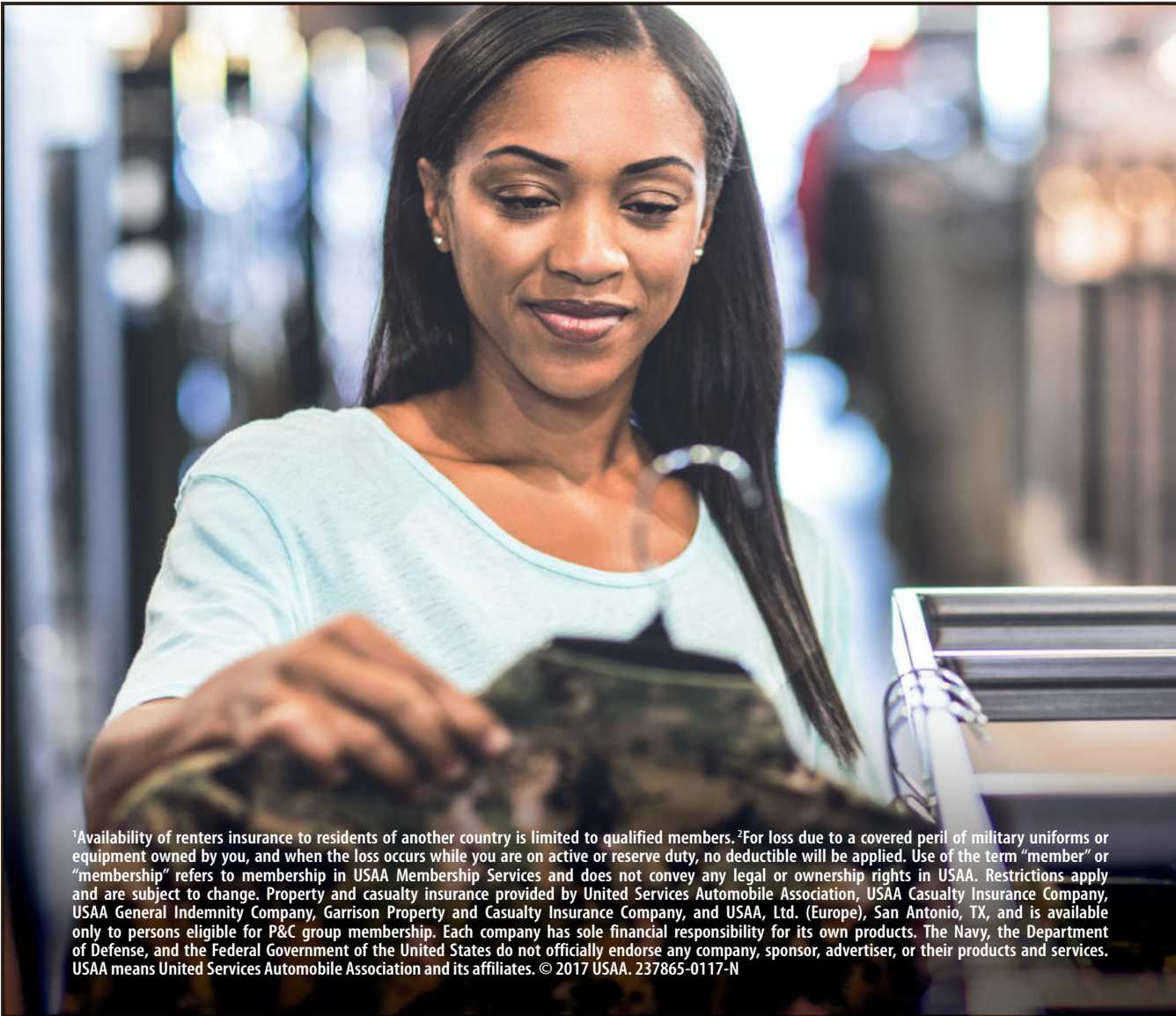


**Army Spc. Julia Barbosa teaches a College Gardens Elementary School student how to use a stethoscope during a visit by Walter Reed National Military Medical Center service members to the school as part of its “Community Helpers” focus Dec. 22.**



**Air Force Senior Airman Judah Gascoyne teaches students at College Gardens Elementary School in Rockville about medical gauze and how it’s used for first aid.**





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# NSAB Wins MLK Tournament

By MC3 William Phillips

Naval Support Activity (NSA) Bethesda's basketball team, the NSA Bethesda Warriors, won the 13th annual Dr. Martin Luther King Jr. basketball tournament at the NSAB Fitness Center Jan. 16. The tournament consisted of nine teams from other military bases. The Warriors beat out Marines from Marine Corps Base Quantico 68-64 to take home first place.



A player attempts to dunk during a game against Ft. Meade Jan. 14 at Naval Support Activity Bethesda. The Warriors won the 13th annual Dr. Martin Luther King Jr. basketball tournament.



A coach speaks to his players during a game against Ft. Meade Jan. 14 at Naval Support Activity Bethesda.



Players huddle during a game against Ft. Meade Jan. 14 at Naval Support Activity Bethesda.

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# HEALTH

From  
Page 3

even scratch my ears. Thank you for helping me to expand my opportunities to thrive in the future. Your generosity has made an incalculable difference in my life. Many thanks!"

Continuing to lead the way in innovation in trauma care, rehabilitation, prosthetics and regenerative medicine, WRNMMC orthopedic surgeon Navy Cmdr. (Dr.) George Nanos and his "A team" of colleagues including Army Lt. Col. (Dr.) Benjamin Potter and Navy Cmdr. (Dr.) Jonathan Forsberg, performed a unique surgery giving a retiree a new thumb from his amputated foot in April.

Retired Army Capt. Michael Trost was shot five times while serving in Afghanistan in 2012. The assault resulted in the loss of most of his right hand and severe nerve damage to his right leg. The nerve damage led to the eventual amputation of his leg below the knee in April, but doctors were able to use part of his amputated right foot to rebuild portions of his right hand giving him a new thumb during the procedure.

"Where else can you get stuff like that done except for here at Walter Reed Bethesda," said Trost during an interview in November. "I was very fortunate to be able to come back here," he added.

Also in caring for those wounded in war and their rehabilitation, WRNMMC's National Intrepid Center of Excellence partnered with Veterans Affairs National Center for Ethics in Health Care to host a ceremony showcasing a NICoE art therapy mask exhibit at the VA Headquarters in Washington, D.C. in October. The exhibit, "Unmasking the Trauma of War," included several paper-mâché masks created by patients who have come through the NICoE

program, and provided a forum for people to see and learn about how art therapy benefits the type of patients seen at the NICoE – enabling "visibility" to what has been described as "the invisible wounds of war."

Dedicated to improving the lives of patients and families affected by TBI, the NICoE employs a unique, holistic approach to clinical treatment by using interdisciplinary teams and integrative medicine, including creative art therapy.

"Unless you treat the mind and body, you can't be successful in treating the needs of your service members," said Dr. Louis French, deputy director for operations at the NICoE, elaborating on the use of creative arts therapy at the NICoE. "We try to learn as we treat, and as we use more interventions, we try to learn how [they] work and why [they] are successful."

Wrapping up the year, Army Lt. Col. Kurt Schaecher, chief of the infectious disease laboratory at WRNMMC, was recognized for his work identifying the first colistin-resistant mcr-1 positive E. coli in a person in the United States in May 2016. He received the Healthcare Excellence in Patient Safety award during the meeting of the Association of Military Surgeons of the United States (the Society of Federal Health Professionals) in December in Washington, D.C.

"Colistin is an antibiotic we pulled out often during Operation Iraqi Freedom because there was so much multidrug-resistant bacterial infections that came out of the service members who were wounded, which resulted in loss of limb," said Schaecher.

He added the discovery of the gene is a good wake-up call to the state of antibiotic resistance in the U.S.

"Hopefully that wake-up call will push us to move forward with new, innovative therapies for bacterial infections," said Schaecher. "There are a lot of different



PHOTO BY MCI CHRISTOPHER KRUCKE

**A Walter Reed Bethesda staff member comforts a young patient during a procedure conducted during a two-week Medical Readiness Training Exercise to the Dominican Republic in early 2016 by Walter Reed National Military Medical Center providers and support personnel.**

efforts within the Department of Defense to develop different therapies for drug-resistant bacteria. We're hoping this furthers the actions on this subject."

As one productive and encouraging year at WRNMMC ended, another year with more promise begins, and the WRNMMC staff will continue to be focused on leading the way in health care, research, education and more.



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